

D 3 8. (Amended) An oil consisting essentially of linoleic fatty acid (n-6, 18:2) and α -linolenic fatty acid (n-3, 18:3) wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said oil is 0.05-2.0.

cancelled
D 4 19. (Amended) A food comprising the unsaturated fatty acid composition as claimed in claim 2) wherein the unsaturated fatty acid component of the food consists essentially of linoleic fatty acid (n-6, 18:2) and α -linolenic fatty acid (n-3, 18:3), wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said lipid component is 0.05-2.0.

D 5 21. (Amended) A dietary supplement consisting essentially of linoleic fatty acid (n-6, 18:2) and α -linolenic fatty acid (n-3, 18:3) for administration to an animal such that the weight ratio of the daily supply of said linoleic fatty acid to said α -linolenic fatty acid in said animal is 0.05-2.0.

23. (New) A method of preparing a foodstuff, consisting of adding an amount of the composition as claimed in claim 2 to the foodstuff.

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D 6 24. (New) The method as claimed in claim 23, wherein the foodstuff is as claimed in claim 19.

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D 6 25. (New) The method as claimed in claim 24, wherein the foodstuff is as claimed in claim 20.

Sub E2 26. (New) An unsaturated fatty acid composition comprising flaxseed oil, wherein the composition comprises linoleic fatty acid (n-6, 18:2) and α -linolenic fatty acid (N-3, 18:3), wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-7.5.

27. (New) The composition of claim 26, further comprising rapeseed oil and perilla oil.

28. (New) The composition of claim 26, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-2.0.

29. (New) The composition of claim 27, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-2.0.

30. (New) A capsule comprising an unsaturated fatty acid composition comprising flaxseed oil, wherein the composition comprises linoleic fatty acid (n-6, 18:2) and α -linolenic fatty acid (n-3, 18:3), wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-7.5.

31. (New) The capsule of claim 30, wherein the unsaturated fatty composition further comprises rapeseed oil and perilla oil.

32. (New) The capsule of claim 30, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-2.0.

33. The capsule of claim 31, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-2.0.

34. (New) An edible oil comprising flaxseed oil, wherein the oil comprises linoleic fatty acid (n-6, 18:2) and α -linolenic fatty acid (n-3, 18:3), wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said oil is 0.05-7.5.

35. (New) The oil of claim 34, further comprising rapeseed oil and perilla oil.

36. (New) The oil of claim 34, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said oil is 0.05-2.0.

37. (New) The oil of claim 35, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said oil is 0.05-2.0

38. (New) A dietary supplement comprising flaxseed oil, wherein the supplement comprises linoleic fatty acid (n-6, 18:2) and α -linolenic fatty acid (n-3, 18:3), wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said supplement is 0.05-7.5.

39. (New) The dietary supplement of claim 38, further comprising rapeseed oil and perilla oil.

40. (New) The dietary supplement of claim 38, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said supplement is 0.05-2.0.

41. (New) The dietary supplement of claim 39, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said supplement is 0.05-2.0.

42. (New) A foodstuff comprising flaxseed oil, wherein the foodstuff comprises linoleic fatty acid (n-6, 18:2) and α -linolenic fatty acid (n-3, 18:3), wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said foodstuff is 0.05-7.5.

43. (New) The foodstuff of claim 42, further comprising rapeseed oil and perilla oil.

44. (New) The foodstuff of claim 42, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said foodstuff is 0.05-2.0.

45. (New) The foodstuff of claim 43, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said supplement is 0.05-2.0.